

# Caterguai

# October



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



This form has been produced through the commitment "Neutral Climate Production" - The amount of CO2 generated in the production of the print job is calculated automatically and compensated with a climate protection project, in this case: "Forest conservation, Mother of God, Peru." Amount of CO2 to compensate 72,59 kg CO2.



**1** 787 101 42 25  
 Lettuce, carrot, corn, olives  
 1r. Neapolitan spaghetti with tomato and cheese  
 2n. Cod belly with Baked dólara potatoes.  
 Lacteal  
 Verdura en tempura. Omelette.  
 Seasonal fruit

**2** 704 86 40 28  
 ECO lettuce, tomato, carrot, quinoa  
 1r. ECO zucchini cream  
 2n. Baked chicken with onions and vegetables.  
 Seasonal fruit  
 semolina of rice with fish soup.  
 Fish skewers. Seasonal fruit

**5** 853 115 38 29  
 1r. Special salad with boiled egg  
 2n. Valencian Paella with chicken and vegetables.  
 Seasonal fruit  
 Chicken and Vegetables Soup with Pasta.  
 Grilled Chicken Breast.  
 Lacteal

**6** 713 98 34 23  
 Lettuce, tomato, carrot, surimi  
 1r. Potato stew with vegetables and meat  
 2n. Potato omelette with cheese.  
 Lacteal  
 Mushrooms scrambled with vegetables and onions.  
 Seasonal fruit

**7** 802 107 39 28  
 Lettuce, tomato, carrot, quinoa  
 1r. Spirals with meat, onion and tomato  
 2n. Baked Hake with potatoes.  
 Seasonal fruit  
 Seafood Salad.  
 Garlic chicken.  
 Seasonal fruit

**8** 758 110 43 29  
 ECO lettuce, tomato, carrot, olives  
 1r. ECO chickpea with vegetables stew  
 2n. Ham and cheese pizza.  
 ECO fruit  
 Grilled vegetables. baked fish.  
 Seasonal fruit

**9**  
*Valencian community day*

**12**  
*National Festive*

**13** 787 96 31 22  
 Lettuce, carrot, tuna and beet  
 1r. Macaroni with tuna, tomato and cheese  
 2n. Tilapia fillet with Pepper and Onion.  
 Lacteal  
 White rice with tomato.  
 Grilled Chicken Breast. Seasonal fruit

**14** 616 82 29 17  
 ECO lettuce, carrot, corn, olives  
 1r. ECO zucchini cream  
 2n. Baked chicken with vegetables with potatoes.  
 ECO fruit  
 Peasant Salad. baked fish.  
 Seasonal fruit

**15** 822 104 34 28  
 1r. Special Salad  
 2n. Baked rice with rib, chickpeas and potato.  
 Seasonal fruit  
 Baked Vegetables.  
 Baked Loin.  
 Seasonal fruit

**16** 745 85 39 23  
 Lettuce, tomato, carrot, cucumber  
 1r. Lentils with carrot and spinach  
 2n. Hake fillet with garnish.  
 Seasonal fruit  
 vegetables cream.  
 Grilled fish fillet.  
 Lacteal

**19** 825 93 41 30  
 Lettuce, tomato, carrot, corn  
 1r. Cuban rice with tomato and egg  
 2n. Oven Halibut with Potato and Pepper.  
 Seasonal fruit  
 Assorted Salad. Grilled veal with potatoes and vegetables. Seasonal fruit

**20** 844 110 35 27  
 1r. Special Salad  
 2n. Fideuà of fish with seafood.  
 Seasonal fruit  
 Chicken soup.  
 Grilled Turkey Breast.  
 Seasonal fruit

**21** 721 88 35 24  
 Lettuce, carrot, tuna and beet  
 1r. ECO chickpea with vegetables stew  
 2n. Baked loin with potatoes.  
 ECO fruit  
 semolina of rice with fish soup.  
 Grilled squid.  
 Seasonal fruit

**22** 805 105 36 25  
 Lettuce, carrot, olives, corn  
 1r. Spaghetti with tuna, tomato and cheese  
 2n. Potato Omelette with Fresh Cheese.  
 Seasonal fruit  
 Green Beans with Ham.  
 Emperor Grilled. Seasonal fruit

**23** 707 81 33 18  
 Lettuce, corn, surimi, quinoa  
 1r. Puree vegetables and legumes  
 2n. White sausages with Baked dólara potatoes.  
 Lacteal  
 Vegetable stew.  
 Serrano Ham Omelette. Seasonal fruit

**26** 786 102 40 25  
 Lettuce, carrot, corn, olives  
 1r. Rice with vegetables, pepper and peas  
 2n. Baked Hake Filet with Garrison.  
 Seasonal fruit  
 Seafood Salad. grilled tuna.  
 Lacteal

**27** 788 91 39 26  
 Lettuce, tomato, olives, beet  
 1r. ECO lentils with carrot and spinach  
 2n. Potato Omelette with Vegetables.  
 ECO fruit  
 Baked Vegetables.  
 Limanda Fillet.  
 Seasonal fruit

**28** 832 105 37 26  
 lettuce, carrot, olives  
 1r. Macaroni Bolognese  
 2n. Grilled tilapia fillet with Vegetables.  
 Seasonal fruit  
 vegetables cream.  
 Grilled veal with potatoes and vegetables.  
 Seasonal fruit

**29** 741 99 45 29  
 Lettuce, corn, olives, beet  
 1r. Fish stew with potato and vegetables  
 2n. Baked chicken with onions and vegetables.  
 Seasonal fruit  
 Special salad with boiled egg  
 Lacteal

**30** 803 100 34 24  
 Lettuce, tomato, roast, corn  
 1r. Rice alla Milanese  
 2n. Marinated loin with Garrison.  
 Seasonal fruit  
 Sautéed Vegetables with Ham.  
 baked fish.  
 Seasonal fruit



- All menus are prepared under the supervision and monitoring of the dietetics department of Caterguai, S.L.
- The analytical control of the food and the water analysis are carried out by the Quality Center, located at c / Barcelona, no. 28, Entresuelo (GANDIA).
- Due to force majeure Caterguai s.l. reserves the right to make changes to the menu.

- May contain possible allergenic foods. The so-called allergens are cereals containing gluten, fish, crustaceans, eggs, peanuts, soybeans, milk and its derivatives, including lactose, caramel fruits, celery, sesame grains and sulfites. This menu may contain traces of the so-called allergens.
- The colorants that contain some dishes are E-102 and E-129. These dyes can have a negative effect on the attention and activity of children.



Average percentage of the nutritional value of the month:	Energ. (Kcal)	HdC (gr.)	Prot. (gr.)	Lípidos (gr.)
	772	50,7 %	37,2	25,3
			19,3 %	29,5 %

www.caterguai.com The menus are accompanied by 20 gr. of bread.

The allergen content of the dishes can be found at the center's address.

Bottom: Proposals for dinner.

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